

Sleep well

A good night's sleep means waking up feeling refreshed, revived and ready to start the day with a spring in your step. Not sleeping well can affect health and quality of life, with implications for physical, emotional and mental well-being. Nutrition has an important role to play in resetting the sleep-wake cycle, Vital Nutrition's **Sleep Well** workshop focuses on how you can eat your way to a better night's sleep!

Your staff will discover:

- The tools needed to create lifestyle & diet action plans
- Sleepy Suppertimes – meal & snack ideas to help nod off
- Energy solutions for nights of broken sleep



contact us to find out more:

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